



# Hummus

**Prep time:** 20 minutes

**Makes:** 6 Servings

This classic garbanzo bean dip is easy to make and a versatile dish. Serve hum

## Ingredients

**2 cups** garbanzo beans ((chickpeas) cooked)

**2 cloves** garlic (minced)

**1/4 cup** lemon juice

**1 tablespoon** sesame tahini ((sesame paste) or substitute peanut butter for a sweet taste)

**2 tablespoons** olive oil

## Directions

### Nutrition Information

Nutrients	Amount
-----------	--------

<b>Calories</b>	<b>157</b>
-----------------	------------

<b>Total Fat</b>	<b>8 g</b>
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	0 mg
-------------	------

<b>Sodium</b>	<b>138 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>18 g</b>
---------------------------	-------------

Dietary Fiber	5 g
---------------	-----

Total Sugars	3 g
--------------	-----

Added Sugars included	0 g
-----------------------	-----

<b>Protein</b>	<b>6 g</b>
----------------	------------

Vitamin D	0 IU
-----------	------


Calcium	40 mg
---------	-------

Iron	2 mg
------	------

Potassium	190 mg
-----------	--------

N/A - data is not available

### MyPlate Food Groups

 Vegetables	1/4 cup
--	---------

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

## Notes

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

**Source:** Simple Healthy RecipesONIE Project - Oklahoma Nutrition Information and Education